

# Fruits and Veggies at the Worksite

## Background, resources and activities for worksite programming



*Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.*

### Background

The National Fruit and Vegetable Alliance (formerly the National 5 A Day for Better Health Program) promotes a simple, positive message – eat more fruits and veggies at every meal and snack. The Alliance's strength comes from the combined efforts and resources of its members. They include:

- American Cancer Society
- American Diabetes Association
- American Heart Association
- California Department of Health Services
- Centers for Disease Control and Prevention
- Culinary Institute of America
- National Alliance for Nutrition and Activity
- National Cancer Institute
- National Council of Fruit and Vegetable Nutrition Coordinators
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Produce Association
- United States Department of Agriculture



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### Health Benefits

Eating more fruits and veggies helps you stay healthy. Fruits and veggies help maintain a healthy weight when they replace high fat foods. And, fruits and vegetables help reduce your risk for:

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Some cancers

### Recommendations

Eating lots of fruits and veggies every day is a key element of the MyPyramid.gov which represents the *Dietary Guidelines for Americans, 2005*. **The daily amount for each person varies by age, sex, and activity level.**

- ▶ For men, the range is 4½ to 6½ cups.
- ▶ For women, it's 3½ to 5 cups.
- ▶ For recommendations for individuals, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or call the Fruit and Vegetable Program for a free copy of *Three simple steps to eating more fruits and vegetables*.

### Fact Sheet for Parents

*"More Peas, Please!"* a ready-to-copy fact sheet, provides parents of young children with ideas and recipes to help kids eat more fruits and veggies. It is now available in Spanish or English. Request a copy by phone or send an e-mail to [fruitsandveggies@dhhs.state.nh.us](mailto:fruitsandveggies@dhhs.state.nh.us).

### Lending Library

The fruit and vegetable materials in the DPHS Lending Library can enhance your programming. Items range from music CDs to videos to curricula with recipes, handouts, and activity ideas. Here's a sampling:

- *Meeting Well: A Tool for Planning Healthy Meetings and Events*
- *Fruit and Vegetable Scavenger Hunt (card game)*
- *Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories*
- ▶ *Materials can be delivered to your local NH public library.*
- ▶ Call the program at 271-4830 for a **list of the audio-visual and print materials** in the collection.
- ▶ To **reserve or borrow** materials, call the DPHS Lending Library directly at 603-271-0562 or 603-271-7060.

# Frequently Asked Questions

## What Are the Key Messages?

- Fill half your plate with fruits and vegetables at every meal.
- Make fruits and veggies your first choice for snacks.
- Every step taken toward eating more fruits and veggies matters. Even the smallest effort to eat more makes a difference.

## What Does a Tennis Ball Have to Do with Fruits and Vegetables?

Answer: 1 cup of fruit or vegetable is the same size as a tennis ball. Here are a few examples.

- Apple: 1 small
- Banana: 1 large
- Broccoli: 3 5-inch spears
- Carrots: 2 medium
- Grapefruit: 1 medium
- Peach: 1 large
- Potato: 1 medium



### Leafy vegetables

- Raw spinach, kale, collards, mustard greens, and lettuce are leafy vegetables.
- Because they have a lot of space between the leaves, 1 cup of raw leafy vegetables counts as ½ cup.
- ½ cup cooked leafy vegetables counts as ½ cup of your daily intake.

### Dried fruit

- Raisins are dried grapes. Prunes are dried plums. Other dried fruits include apricots, dates and dried apples, mango and pineapple.
- As fruit dries, it gets smaller. For that reason, ¼ cup dried fruit counts as ½ cup.
- Call for a free copy of *What Does a Tennis Ball Have to Do with Fruits and Vegetables?*

## What Counts?

All forms of fruits and veggies matter:

- Fresh
- Frozen
- Canned
- Dried
- 100 percent juices



Beans count, too! That includes beans in:

- Salads
- Soups and chili
- Burritos
- Dips and hummus

## Start a Fruit and Veggie Team

Working with a team increases creativity and strengthens outcomes. Recruit employees from all areas of your organization to help develop and implement your plans.

- Key decision makers
- Company nurse
- Wellness coordinator
- Human resources personnel
- Office manager
- Cafeteria food service personnel
- UNH Cooperative Extension
- Librarian (company or public library)
- Insurance company personnel
- Community dietitians – try the hospital's community education department
- College students from the nutrition, dietetics, family and consumer sciences, nursing, and education departments

## Fruit and Veggie Recipe Criteria

Recipes promoted with the Fruit and Vegetable Program contribute at least ½ cup of fruit or vegetable per 250 calories. And, they are a good source of fiber and low in:

- Added sweeteners (including jams, jellies, and concentrated fruit juice sweeteners)
- Fat
- Saturated fat
- Trans fat
- Sodium

For details, contact the program at 603-271-4830.

## Recipes and Tips Online

Centers for Disease Control and Prevention

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Produce for Better Health Foundation

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.pbhfoundation.org](http://www.pbhfoundation.org)

## Quantity Recipe Cookbook

Here's a great resource to share with your worksite cafeteria. All 40 fruit and vegetable based recipes serve 25, 50, or 100.

Download a copy today at

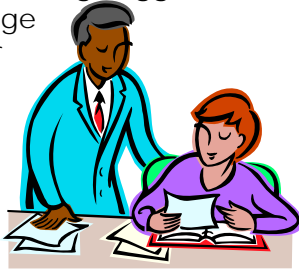
[www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies). The cookbook will be updated to meet the new recipe criteria by Jan 2009.



# Activity Ideas

## Create a Supportive Environment

- For your next meeting, replace doughnuts and sodas with fruit, veggies and 100% juices.
- Explore the restaurants close to work and make a "go to" list of those that offer a good variety of low-fat fruits and vegetables on their menu.
- For your next company gathering, suggest a "healthy" potluck. Encourage employees to bring in their favorite low-fat fruit or veggie dish and recipe.
- Organize a snack coop. Members take turns bringing a low-fat fruit or veggie snack.



## Feature Fruits and Vegetables at Your Next Event

Whether it's a health fair or an office party, find a way to include fruits and vegetables. For food, theme, music, costume, game, activity and prize ideas, request a copy of *Creative Ways to Add Fruits and Veggies to Your Wellness Events*.

## Email Health Tips

Send email messages that feature:

- Tips for eating more fruits and vegetables
- Fruit and veggie recipes
- Tips for being more active
- A produce trivia contest

Contact our office for content ideas.



## Collaborate with the Cafeteria

- Place salads and veggies at the front of the cafeteria line.
- Tired of the same old thing? Rotate the fruit and veggie choices from week to week. Feature a different novelty item once a month.
- Ask your company to stock vending machines with raisins, other dried fruits, fresh oranges and apples, individual servings of canned fruits, small packs of carrots and 100% juice.
- Ask the cafeteria manager to offer a fruit or veggie special. They can use a recipe from the *Quantity Recipe Cookbook* (see link on page 2). Offer employees copies of the family-size version of each recipe (in the appendix of the cookbook).



## Present a Lunch and Learn Series

Offer a series of lectures at lunchtime. Invite a guest speaker or chef and serve a fruit and veggie snack or buffet. Topics could include:

- The Color Way: A National Promotion About Variety, Color, and Health (cover one color group each week)
- Understanding MyPyramid.gov
- Cooking Demo and Taste Test of Fruit and Veggie Recipes
- Quick and Easy Fruits and Vegetables for Busy People
- Phytochemicals
- Microwave Recipes
- Gardening Basics



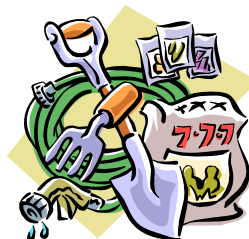
## Offer Recipes and Taste Testing

Create an opportunity to try a new fruit or vegetable – hold a taste test. Offer a daily taste test – with a different novelty fruit or veggie each day. Bring in a chef to demonstrate how to cook the fruit or veggie and share copies of the recipe.

## Give Away Incentives/Prizes

People love getting prizes or winning raffles. Select incentives that compliment your theme and support your message. Try:

- Salad bowl with serving pieces
  - Seed packets and gardening tools
  - Fruit and veggie cookbooks
  - Gift certificates from your local garden center, sports wear shop, or fitness center
- For more incentive ideas, request a copy of *Creative Ways to Add Fruits and Veggies to Your Wellness Events*.



## Plant a Vegetable and Herb Garden

- Ask management for garden space.
- Invite a gardening expert to present a Lunch and Learn workshop on gardening and to suggest the best plants, location, etc.
- Plant a pizza garden – a circular garden planted with basil, tomatoes, onions, broccoli, etc. Celebrate the harvest with a party and serve pizzas loaded with vegetables.
- Offer seed packets as incentives. Check for names of organizations that offer free seeds in *Resources for Promoting Fruits and Veggies*.
- Serve your garden harvest at a company dinner or health fair.
- For expert gardening advice and more, call the **UNH Cooperative Extension Family, Home and Garden Education Center** at 877-EXT-GROW (877-877-398-4769).

## Get Physical!

- Offer group walks at set times. Try a new route each week.
- Allow 15minute activity breaks during the day.
- Invite a guest speaker to introduce a new form of exercise.
- During the winter, hold an indoor scavenger hunt that travels through your building.
- Pick a virtual destination (a country or state)
  - Set a company goal to walk to or around a featured virtual destination.
  - Have employees count miles walked, biked, or jogged – or count pedometer steps -- and plot them on a map.
  - When they've collected enough miles to reach the destination, hold a celebration. Build on the theme with decorations and incentives. Invite a guest speaker to talk about your "destination" and its food. Serve fruits and veggies from your "destination."



## Sign Up for Produce Power It's a Package Deal!

*Produce Power* is a 5-week worksite wellness program designed to help employees increase their fruit and vegetable intake in a supportive environment.

Participants set personal goals based on their own level. They are encouraged to work toward the Dietary Guideline recommendation to eat 3½ to 6½ cups of fruits and vegetables every day.

*Produce Power* includes everything you need to plan and implement the program at your worksite:

- Marketing materials
- Programming ideas and resources
- Educational materials
- Incentive and sponsorship ideas
- Evaluation materials and forms

*Produce Power* is a low-cost worksite wellness program developed by the NH Fruit and Vegetable Program.

- For details and the next training date, contact the program at 603-271-4830 or [fruitsandveggies@dhhs.state.nh.us](mailto:fruitsandveggies@dhhs.state.nh.us) .

Do you have a new idea for  
promoting fruits and vegetables  
at the worksite?  
We have room for  
your original idea!

Contact the NH Fruit and Vegetable Program at  
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